

# BEATING MULTIPLE SCLEROSIS

**Empowering Stories of Self-Healing and Thriving**

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& PAIGE NEWSOME

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**To my loved ones,**

This book reveals the transformative path of my MS journey and daily dedication required for a healthy life. I'm taking care of myself, so you don't have to.

**To the multiple sclerosis community,**

May our stories empower and inspire, fostering understanding, compassion, and progress. Together, let's navigate the challenges of this journey, knowing that we are never alone.

With love and deepest admiration,  
Agota Nawroth

## ACKNOWLEDGMENTS

I would like to express my deepest gratitude and appreciation to everyone who has contributed to the creation and completion of this book.

First and foremost, I extend my heartfelt thanks to Paige Newsome. Without you, this book wouldn't exist. Your belief in this project, constant motivation, and endless hours of work have been a driving force. You shaped this book in ways I couldn't have imagined.

I would like to extend my heartfelt gratitude to all the remarkable individuals who graciously shared their heartbreaking stories for this book. Your bravery in opening up about your journeys will undoubtedly resonate with others who find solace and strength in knowing they are not alone. I am honored to have had the opportunity to give voice to your stories and express my deepest appreciation for your invaluable contribution.

Lastly, I extend my gratitude to my followers, readers, and supporters. Your enthusiasm, feedback, and reviews inspire me to continue sharing my story and the knowledge I've acquired along the way with the world, raising awareness about diseases that can be prevented.

To all those mentioned above and the countless others who have contributed in various ways, your presence in my life has made this book a reality. Thank you for being a part of this remarkable journey.

With heartfelt appreciation,  
Agota Nawroth

## AUTHOR'S NOTE

Many individuals are searching for a diagnosis while struggling with various symptoms. For those of us already diagnosed, having answers can be a relief but also adds a lifelong burden. At times, this weight can feel overwhelming. I wish a book like this had been available when I was first diagnosed four years ago. It would have made a world of difference. Back then, I wouldn't have felt so alone and lost. I wouldn't have had to search through numerous books to connect the dots. My goal with this book is to provide you answers and give you practical guidance to regain control and steer your life back on track.

The stories in this book showcase the remarkable potential within us as human beings. We can heal our minds and bodies, making full recoveries from autoimmune diseases when we cultivate the right mindset and well-being practices. I haven't encountered anyone who thrives with a pessimistic outlook. Our minds are incredibly powerful. It's crucial to remember that the path to healing often begins there. While change can be a challenge, it's a necessary step for those seeking a healthier life.

So, who is this book for? It's not exclusively for people with MS. This book is filled with ideas to improve the lives of anyone, diagnosed or not, who is facing symptoms. Each chapter is a glimpse into someone's life, flourishing despite the diagnosis. My hope is that you'll discover a story or two that resonate with you. Please share this book, help us spread the message, and raise awareness about this complex condition. It doesn't have to lead to life in a wheelchair.

## CONTENTS

### Disclaimer

1	Agota N. - Diagnosed in 2019	1
2	Paige N. - Diagnosed in 2019	28
3	Katy - Diagnosed in 2020	44
4	Angie G. - Diagnosed in 2004	56
5	Elisa F. - Diagnosed in 2011	65
6	Kelly G. - Diagnosed in 2015	81
7	Bob C. - Diagnosed in 1999	89
8	Nassira - Diagnosed in 2018	100
9	Biljana - Diagnosed in 2013	107
10	Mohammed - Diagnosed in 2018	112
11	Kathryn - Diagnosed in 2018	117
12	Claudie - Diagnosed in 1996	120
13	Laila - Diagnosed in 2010	129
14	Adria H. - Diagnosed in 2020	133
15	Mara R. - Diagnosed in 2004	159
16	Kelly K. - Diagnosed in 2015	164
17	Michelle - Diagnosed in 1996	182
18	Joanne M. - Diagnosed in 2009	190
19	Helena K. - Diagnosed in 2000	205
20	Sam P. - Diagnosed in 2015	212

21	Alicia - Diagnosed in 2018	230
22	Dawnmarie D. - Diagnosed in 2012	240
23	Clare M. - Diagnosed in 2019	243
24	Sofia C. - Diagnosed in 2013	250
25	Andrea - Diagnosed in 2000	257
26	Meryl H. - Diagnosed in 1999	268
27	Conor K. - Diagnosed in 2003	274
28	Parmjit K. - Diagnosed in 2008	286
29	Kadesha R. - Diagnosed in 2012	298
30	Melody W. - Diagnosed in 2013	306
31	Lieza - Diagnosed in 2016	312
32	Jasmin D. - Diagnosed in 2008	321
33	Megan L. - Diagnosed in 2007	325
34	Gabriel - Diagnosed in 2018	339
35	Talia - Diagnosed in 2016	348
36	Alice S. - Diagnosed in 2007	357
37	Maria I. - Diagnosed in 2012	373

#### Final Note

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

– *Greg Anderson*

## DISCLAIMER

The stories shared in this book provide personal perspectives and experiences, reflecting individual accounts. These stories should not be construed as professional medical advice or recommendations.

The author and publisher have made reasonable efforts to ensure the accuracy and authenticity of the stories. However, due to the subjective nature of personal accounts and the uniqueness of each individual's circumstances, the stories may not apply to or accurately represent everyone's experiences. The information and opinions expressed in this book are not a substitute for professional medical advice, diagnosis, or treatment. It is essential to consult with a qualified healthcare professional before making any decisions or taking any actions based on the information or stories provided in this book.

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# 10

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**Story by**

**MOHAMMED**

Diagnosed in 2018

Currently 30 years old

Lives in Qatar

I am a Yemeni national, born and raised in Qatar. In 2012, I decided to travel to India for my studies. It was there that I first enrolled in an English learning academy and later pursued a bachelor's degree in pharmacy in the fall of 2013. I led an active lifestyle through my younger years, participating in various sports. During school, I was part of a sprinting team, and in college, I played soccer. I regularly worked out and lived a typical, "active" lifestyle, until my diagnosis.

It all started in February 2018. My initial symptom was blurry vision in my left eye. I went to a hospital for a check-up. After a few appointments, they suggested I undergo magnetic resonance imaging (MRI). During that time, I was juggling being a college student and managing hospital visits, which made getting my MRI done challenging. Initially, I shrugged it off as just some vision related problem that would probably require me to use glasses. However, it got progressively worse. It was during the month of Ramadan, while observing my fast, that I began experiencing vision problems in my other eye. By this time, I also

started to feel numbness in my extremities. Occasionally, a sudden shock, like an electrical current, would surge through me, causing excruciating pain. During my vacations when I returned to Qatar, I finally had the opportunity to get my MRIs done. Within a week or so, I received the results.

I had never been familiar with multiple sclerosis (MS), until the diagnosis. While we may have briefly studied it during our lectures, I never truly grasped the profound impact it has on people's lives. After the diagnosis, there was little time to process the overwhelming emotions; it felt as if someone had started a timer on my life. I found myself navigating a whirlwind of back-to-back appointments, receiving prescriptions, and being introduced to potential symptoms I would eventually face, alongside the shocking list of side effects that came with the medication. It was chaotic. Taking my time, I made the risky decision to delay starting the medication. Instead, I turned to traditional remedies, researching the healing properties of food and herbs. Adjusting my eating habits proved challenging, as I had to educate myself on food reactions that contradicted what I had known growing up.

It took me a while to identify what triggered my symptoms. Even something as simple as a warm shower would cause me pain if I wasn't careful about the water temperature. Eating processed cheese when I was out with friends would immediately trigger an attack. The weather also affects my MS, so I have to avoid harsh conditions. Before my diagnosis, I could run for miles at a moderate-to-high speed, but as the disease progressed, running became difficult. I started to experience more frequent electrical shocks. Now, I stick to long walks instead of running. My diet helps manage my MS, allowing me to do high-intensity workouts.

Eventually, around 2020, I came across an Instagram page called *Multiple Sclerosis Awareness*, run by Surjeet Kaur. I attended an online meeting, arranged by the page admin, and for the first time, I got a chance to connect with others like me. Not taking the medication for a disease like MS seemed like a big risk to my family and friends and made me anxious, as well. But through this newly found support group, I was able to meet others who had also opted out of taking medications and had been surviving with MS for longer than I had.

As much as it is a physiological disease, MS also affects a person's mental state. That's why it's important to have supportive people who give us strength and courage by our side. Ayona, a friend I met in college, has been a significant source of support throughout my journey with MS. When I was first diagnosed, she took the time to sit me down

and explain what MS meant. We would discuss different medications and alternatives, and she would help me research food sources and supplements that could potentially aid in my condition. Ayona even attended the online meeting I mentioned earlier, where she assisted me in connecting with others. Being someone who struggles with meeting new people, her presence provided me with a much-needed boost. I distinctly remember a day during the early stages of my diagnosis when I was on the verge of breaking down, feeling overwhelmed, and struggling to come to terms with having MS. That's when Ayona said something that resonated deeply with me: "You don't have to be known as Mohammad, who has MS. You can just be known as Mohammad, too. Your whole life doesn't have to revolve solely around MS." In hindsight, it may seem like an obvious statement to some, but for me, who was facing the possibility of life in a wheelchair much sooner than expected, those words brought comfort and motivation. They reminded me to strive for more and to be defined by more than just my disease.

At first, I didn't prioritize the role of food in maintaining good health, and looking back, it's something I regret. After the initial diagnosis, I was bombarded with information and encouraged to start taking medication to slow down the progression of the disease. If I had researched the impact of food earlier, I could have potentially avoided the initial years of attacks. I had been on a diet that consisted of organic fruits and vegetables, but it wasn't a well-planned one. However, around May 2020, I decided to take my diet seriously and became more strict with what I should avoid. For instance, I cut out processed sugar, focused on incorporating good fats, and maintained an overall balanced diet. My advice to those newly diagnosed with MS would be to relearn what you know about food and have faith that you can find a way to improve your condition. Despite our bodies having a tendency to attack themselves, it's important to remember that the human body is amazing. With a little support from us in terms of what we allow to enter our bodies, we can effectively fight most diseases.

Life with MS has been challenging. Part of my journey that is very relevant is the impact of my religion. You may or may not choose to believe in God, but I do, and it is the single most constant factor that has helped me endure this predicament. There is a text in our religious scriptures, which translates as, "God does not burden a soul with that which it cannot deal with." These are the words I reiterate to myself during difficult times, when I find myself searching for answers to the questions, "Why me?" and "Why did I have to have this disease?" I do not dwell on such thoughts anymore; I believe accepting reality and focusing on healing is half of the treatment.

Since my diagnosis, I have become more disciplined than ever with my sleep and wake cycle. I've found that the walks I take after my sunrise prayers have been very beneficial. You may not have a personal religious motivation like I do, but I would still advise people to wake up and get moving, refusing to give up on an active lifestyle despite MS. Remember the old saying, "Early to bed and early to rise may not make you wealthy, but it will make you healthy." In addition to long walks, swimming is also an amazing way to strengthen the body, which I highly recommend.

I rely heavily on the knowledge from prophethood medicine, as it has worked the best for me. Some of the superfoods based on the prophethood medicine system are olive oil, black seeds, black seed oil, and Qast-al-hindi (Indian costus powder), which I usually consume by adding a teaspoon to a glass of water. I stick to eating two meals a day and avoid snacking in between. Although my diet consists of protein, vitamins, and fiber, I also consume carbohydrates in the form of dates. A variety of dates called the Ajwa dates, hailed in prophetic medicine as one of the "fruits of heaven", is my favorite. I also take vitamins in the form of supplements. It is important that fat-soluble vitamins are taken with food that helps with their absorption. Therefore, I would advise researching such factors and consulting a doctor before making them part of your routine. Do keep in mind that "supplements" should not become "substitutes" within your diet; you must aim at obtaining as many nutrients and micronutrients as possible from food.

Mathew Embry has been a significant influence on how I've managed my disease thus far. His documentary *Living Proof* is something I highly recommend to those who are newly diagnosed or have family members facing the disease. I also stay informed about the works of Dr. Terry Wahls, another MS survivor, who has remarkably dealt with serious symptoms through dietary measures. It's important to stay updated on the latest MS research and read peer-reviewed articles. Additionally, I want to mention Angie (who is sharing her story in the book, as well), whom I met through the *Multiple Sclerosis Awareness* page. She's an incredibly strong and resilient woman—the epitome of perseverance.

Here is the recipe for the supplement I have been taking. I would like to add that I am not a medical professional or qualified to advise people on such matters. However, an herbalist from Yemen suggested this concoction for me, and it has been working well. Please consult your doctor or be aware of any allergy that may arise if you use it:

- Burdock root 10 g
- Black seeds 40 g
- Fenugreek 30 g

- Cinnamon 20 g
- Licorice 20 g
- Ginger 10 g
- Clove 5 g
- Turmeric 50 g
- Common hop 30 g
- Solenostemma argel 10 g

Living with multiple sclerosis has been a challenging journey, but I have found strength through the support of others and the knowledge gained from inspiring figures. By prioritizing a balanced diet, staying informed about the latest research, and maintaining an active lifestyle, I strive to manage my disease while living life to the fullest. I am determined to make the most of each day, embracing the fullness of life with strength, knowledge, and an unwavering spirit.

## FINAL NOTE

***"Before you heal someone, ask him if he is willing to give up the things that made him sick." -Hippocrates***

As we reach the end of this book, I hope these stories have not only inspired you but also encouraged you to take a moment to reflect on your own life. The purpose of this book has been to shine a light on aspects that deserve recognition and change. It's not just about MS or autoimmune diseases; it's a call to awareness, an invitation to slow down and reevaluate our lives.

Our ancestors had wisdom we can learn from, and with today's technology and knowledge, we can create a healthier, more harmonious world, instead of heading down a destructive path. It's as simple as pausing to take a deep breath, enjoying the smell of flowers, and appreciating the beauty that surrounds us.

We hope you've found this book to be a valuable guide. In closing, remember that while healing isn't guaranteed, it's always within reach. The life you choose to lead is firmly in your hands. Join us on **[www.BeatingMultipleSclerosis.com](http://www.BeatingMultipleSclerosis.com)** to explore all the limitless possibilities together.